

# Let's Talk About It!

# July 2021

# Wellness Radio

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With **Scott Dudley**  
 & **Maria Wyatt**

Tune in:



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



Sundays at 7:00 p.m.

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of July 5 <sup>th</sup>	<p><b>Post Traumatic Stress Disorder</b></p> <p>The National Alliance on Mental Illness (NAMI) defines Post traumatic Stress Disorder (PTSD) as a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. Symptoms can begin to present themselves within months or even years after the event. The Anxiety and Depression Clinic strives to help individuals, who meet criteria, to find the best way to deal with stress and alleviate symptoms and impairments. Join us as we explore the disorder and treatments that work.</p>	<p><b>Bianca Nelson, LCSW</b>                      Psychiatric Social Worker                      El Centro Adult Anxiety &amp; Depression Clinic</p>
Week of July 12 <sup>th</sup>	<p><b>The Ever Forward Club</b>                      (Originally aired on May 2018)</p> <p>"If we don't initiate the young men, they will burn down the village" - African Proverb</p> <p>Our nation's young men of color are getting disciplined in school, dropping out, and facing unemployment and involvement in the criminal-justice system at disproportionately high rates. Club mentors create a safe space for young men to come together weekly in circles to have fun, enjoy food and engage in the process of removing the mask of masculinity; peeling off the layers of pain, frustration, fear, sadness and disappointment. Through this work, the young men start to show up with greater passion and purpose, which provides them with a clearer life direction.</p>	<p><b>Ashanti Branch, M.Ed.</b>                      Founder/Executive Director                      The Ever Forward Club</p>
Week of July 19 <sup>th</sup>	<p><b>Southwest High School HOSA: Supporting Student Mental Health</b></p> <p>The Southwest High School HOSA: Future Health Professionals and Founding Members of the Coalition for Student Wellness at Southwest High School has for the past several years initiated a number of mental health supporting interventions on their campus that have met with state-level acclaim and shown campus level results. Now, coming off a pandemic year, HOSA student leaders join us to talk about their interventions in the pandemic, as well as their planning and progress towards a mentally healthy return to campus this fall.</p>	<p><b>Dominique and Hanna</b>                      Southwest High School                      HOSA: Future Health Professionals and Founding Members of the Coalition for Students Wellness at Southwest High School</p>
Week of July 26 <sup>th</sup>	<p><b>Positive Engagement Team (P.E.T.): Innovative Mental Health Engagement</b></p> <p>Once again, ICBHS will have well-behaved, friendly, and loving dogs at the clinics, they will be there to meet you, receive and give affection, and give support to those showing up for a behavioral health appointment. ICBHS, in conjunction with trained handlers and the Humane Society of Imperial County, the Positive Engagement Team will be back. Join us as Devon Apodaca, Director of Humane Society of Imperial County and Rene Felix, P.E.T. Program Supervisor, share the post-pandemic rollout plans for this great project.</p>	<p><b>Devon Apodaca</b>                      Director of Imperial County Humane Society  <b>Rene Felix</b>                      Program Supervisor                      Positive Engagement Team (P.E.T.) Project</p>

